

Court Appointed Special Advocate Newsletter

Superior Court of Arizona ♥ Maricopa County Juvenile Division
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February

A CHILD'S VOICE IN COURT

SEVEN DEADLY SINS OF CHILDHOOD

Contributed by Lynn Blinn Pike, Ph.D.
Human Environmental Sciences Extension University of Missouri

An article by Burton D. Schmitt in Child Abuse and Neglect described seven developmental phases of childhood that may trigger abuse on the part of high-risk parents: 1) colic, 2) toilet training, 3) awakening at night, 4) separation anxiety, 5) normal exploratory behavior, 6) normal negativism and 7) normal poor appetite.

Adolescent mothers are often in this high-risk group because of lack of understanding of what is developmentally appropriate behavior for their children for their children and because there is "role reversal" where the parent wants to be nurtured and supported by the young child instead of the other way around. Schmitt reported that of the seven phases, colic and toilet training have been shown to be the most commonly associated with **fetal** child abuse. It may be critical that abuse prevention and parent education programs target these two childhood phases first, although all seven phases are critical.

Colic: Babies with colic show repeated periods of fussy and unexplained crying which can be frustrating for the parent and can result in serious child abuse. Colicky babies have been found to have brain injuries due to violent shaking, retinal hemorrhages, grab marks on shoulders or upper arms and fractured ribs. Parents with colicky babies need to contact a public health nurse or other service provider to learn to manage stress, manage the baby's transition to sleep and to manage the baby's feeding routine to avoid over-feeding as a solution.

Toilet Training: If parents attempt to toilet train their child too rapidly or in too forceful a manner, the child usually

balks and this creates a stressful situation that can lead to child abuse. The most common injuries associated with child abuse in genital area include bruises and burns. Parents at risk for abusing their child during toilet training need to learn to assess the child's readiness, help the child practice using the potty, reward cooperation and any success and respond supportively to accidents.

Awakening At Night: "Trained night criers" are infants who are beyond four months of age and continue to awaken during the night even after they have given up their middle-of-the-night feeding. These children often become conditioned to cry at night because it brings them some reward such as prolonged contact with the parent or removal from the crib. In cases where nighttime crying becomes abuse-inducing, it is often the father or boyfriend who is the perpetrator. The following injuries have been observed in abuse cases involving nighttime crying: grab marks, rib fractures, slap marks and shaking injuries as seen in colicky babies. Advise for preventing trained night crying: 1) eliminate long daytime naps, 2) move crib out of parent's room, 3) put the child to bed awake as opposed to rocking him/her to sleep, 4) if the child awakens, wait five minutes before entering room and 5) do not remove child from crib.

Separation Anxiety: Separation anxiety is defined as fear or anxiety of the absence from the primary care giver, usually the mother. At approximately six months, the child may become alarmed when the mother leaves the field of vision or goes into another room. Two or three year-olds may become fretful when their mother leaves them with

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CASA Program Staff

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CASA Volunteer Mentors

Angela Ashley
Anne Donahoe
Margo Fitts
Jackie Flowers
Dana Gilroy
Lynda Pederson
Karen Tyrrell

*if you have been a CASA for 2 years or more and would like to learn how you become a mentor, please contact your CASA Coordinator.

Shannon Childs - Editor/Design/Production
Laura Devany - Editor

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unfamiliar care givers or in unfamiliar settings. Parents who do not understand this developmental phase may decide that the child is becoming spoiled and unduly punish the child. Commonly inflicted injuries with separation anxiety are spanking or slapping. Advise given for lessening separation anxiety: 1) understanding developmentally appropriate fears, 2) providing reassurance rather than punishment when the child is fearful, 3) rehearsing separation experiences, and 4) taking leave of the setting slowly and not too abruptly.

Normal Exploratory Behavior: Toddlers have a natural curiosity that often provokes parent's anger when it results in disruption to the surroundings. The most common abusive signs on toddlers are grab marks and spank marks. Ways to allow this natural exploratory behavior and still maintain the integrity of the environment: 1) make home "child proof," 2) distract or redirect the toddler who is interested in an object (such as a space heater) that can not be removed, 3) remove the child to a more safe setting if the behavior puts him or her in serious danger and 4) encourage, but monitor, exploratory behavior by providing space for the child such as a special drawer in which interesting utensils can be kept.

Normal Negativism: Negativism is normal in children from approximately one to three years. This phase is important in the child's attempt at self-determinism. However, some adults take it too seriously and punish the child for responding negatively to request to take off clothes, go to bed, etc. The most common injuries inflicted by parents include slap marks to the mouth or cheeks for back-talking. Injuries to the face can seriously damage the eyes or ear drums. Advise for handling normal negativism: 1) keep a sense of humor, 2) avoid punishment when the child says "no," 3) avoid unnecessary rules and demands and keep the child's safety as the top priority, 4) give the child extra choices to increase sense of freedom and control and 5) present choices in a positive, rather than confrontational mode.

Normal Poor Appetite: The appetite of many children normally falls off between 18 and 36 months of age. Many parents attempt to force feed children showing this behavior. When a parent forces food into the child, the results can be seen in slap marks on the cheeks, pinch marks on the face, aspiration of food into the lungs and injuries to the lining of the mouth. Advice from handling a normally poor appetite: 1) understand this is a normal phase, 2) limit snacks to two per day and limit milk intake that can substitute for food 3) if the child is old enough to use a fork or spoon, do not feed the child and 4) the atmosphere at mealtime should be relaxed and pleasant with no bribes or force. Source: Schmitt (1987). "Seven Deadly Sins of Childhood: Advising Parents about Difficult Developmental Phases." Reprinted with permission from State Technical Assistance Team (STAT) Newsletter dated Summer 1993, Vol. 2, No. 2.

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HAPPY BIRTHDAY TO YOU!

Georgeanne Ford	2	Carol Scott	14
Norma Noone	2	Michele Hughes	17
Jolene Cook	4	Ruth Moyerman	18
Andrea Ritenour	4	Joe Walterbach	20
Rebecca Whittaker	6	Juliet Nelson	20
Alta George	14	Elizabeth Stillman	27

COMMENDATIONS

CONGRATULATIONS to **Sam Wiggins** for receiving the Outstanding Service Award from Child Abuse Prevention Arizona as Outstanding Friend of the Children for 1998. Sam has consistently taken on difficult cases, his most recent involving a family that has grown to 8 children scattered throughout the county. He has effectively balanced his responsibility to the children with his ability to work effectively with the case management team. He has objectively and professionally conveyed valuable information to the court in his advocacy for the children. Thanks for all you do Sam!

Barbara Hanigsberg is commended by Case Manager, Kathryn Byrne. Kathryn stated in her Progress Report to Juvenile Court, "CASA continues to be extremely active with her CASA child. She takes him for psychological and medical appointments. Without these special people in his life, he would feel even more rejected and alone." Keep up the GREAT job Barbara!

Angela Ashley received a certificate "Partners In Excellence" from Janice Cochran, DES/DD. Janice writes "Thanks for your hard work and assistance with a foster child in a Residential Treatment Center. With your team spirit we will succeed! Way to go Angela!"

Foster Care Review Board commends **A. Louise Jones** for her efforts in her case. Her commitment to the children and her active advocacy on their part has apparently had a profound effect on the success of these children in placement. Awesome job Louise!

Case Manager called to inform the CASA Program that CASA volunteer **Mary Ann Stanton** is an AWESOME volunteer who goes beyond the call of duty to help her with her case. Mary Ann facilitates visits and helps with transportation. Great job Mary Ann!

CPS Case worker Jerry Belcher called and commended **Ruth Moyerman** for all her valuable input and insight on one of his cases. He wanted us to know how valuable she has been. Way to go Ruth!

CONGRATULATIONS also to **Meredith Cause**, Angela Cause's daughter, for receiving the Outstanding Youth Service Award. Keep up the good work!

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CASA SPONSORED TRAINING

March 12 & 13, 8:00 a.m. - 5:00 p.m., Court Appointed Special Advocate Training - New Volunteer Orientation Training is going to be held at Arizona Courts Building, 1501 W. Washington, Room 119. If you know of someone who would like to become a volunteer please ask them to call the CASA Office at 506-4083 to begin the screening process.

March 18, 5:30 p.m. - 8:30 p.m., Post Orientation Training - Attend follow-up training to the basic CASA Orientation. Topics covered will include Duties and Responsibilities of a CASA volunteer, case planning and court report writing, Title 19 eligibility and Model Court. All volunteers are welcomed to come as a review or plan to attend the Model Court portion beginning at 7:45. Location: Juvenile Court Southeast Facility, 1810 S. Lewis Street, Mesa, Saguaro Room. Please RSVP by 3-12 to the CASA Office 506-4083.

CONFERENCES

February 7-10, National Network for Youth, Symposium '99 - More than 40 Workshops, Motivational Keynote Speakers, Professional Development Seminars, Exhibits, Capitol Hill Day and many more. Location: Omni Shoreham Hotel, Washington, DC. Contact: Exhibitor packets can be obtained from the National Network for Youth, 202-783-7949, Ext. 103.

March 18-21, Community Development Academy - Sponsor: Community Development Program Social Science Unit, College of Agriculture, Food & Natural Resources. For more information on this training please contact: 1-800-545-2604. Location: St. Louis, Missouri. Cost: \$450.00, \$525.00 (3 hours undergraduate or graduate credit).

March 21-24, 26th National Conference on Juvenile Justice - Registration is open to: Judges, Prosecutors, Police, Juvenile Officers, Probation Officers, CASAs, Guardians ad Litem and all interested groups and persons. If you are interested in this conference please contact the CASA Office for more information, 506-4083.

May 15 - 18, 18th Annual National CASA Conference - The conference will include more than 50 sessions, workshops, round table discussions and presentations from national experts. Location: Kansas City, Missouri. For more information contact Becca Calhoun and National CASA, 100 W. Harrison, North Tower, Ste. 500, Seattle, WA 98119, or email: becca@nationalcasa.org or call (800) 628-3233. You can also visit the National Webpage at <http://www.casanet.org>.

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ANNOUNCEMENTS

CHECK OUT OUR WEB PAGE!

The CASA Newsletter has made it onto the Internet! We are currently in the process of updating our Web Page, but as of right now we do have a couple of the previous newsletters already downloaded. Our web address is: <http://www.maricopa.gov/Juvenile/default.htm>.

If you would like to receive an E-mail notice when the newsletters are available by Internet please contact the CASA Office 506-4083 and let us know your E-mail address or E-mail us at: 'casa@smtpgw.maricopa.gov'.

CONGRATULATIONS to Stacey Schink on the birth of her daughter Molly Katherine, born December 16, 1998 (and she still had her court report in on time!)

LETS GO TO THE THEATER!

Phoenix Theater's Children's Theater, The Cookie Company, is making available to our CASA children ten seats for each performance of this year's season. Two-weeks advance notice is required and availability is on a first-come-first-serve basis. If you are interested in any of the performances, please call the Phoenix Theater box office at 254-5121.

Magical Magpie - February 2, 1999 - Tues. 7 p.m. Preview
Heidi - March 23, 1999 - Tues. 7 p.m. Preview
Tickets will be released for sale 15 minutes prior to curtain if they are not picked up.

RESOURCES

Orphans of the Living Stories of America's Children in Foster Care, by Jennifer Toth, Simon & Schuster, \$23. Details the lives of five children in the foster care system.

Carolyn's Story - A book about an Adopted Girl, text and photographs by Perry Schwartz. Carolyn talks about her feelings about being adopted. The Lerner Group, 241 First Avenue North, Minneapolis, MN 55401. 800-328-4929.

REMINDER REMINDER REMINDER

Please remember the following when you have a court report due:

- ☛ Your report is due 2 weeks before the hearing date.
- ☛ If at all possible please submit it on a disk in Windows 95, WP 6.1 or MS Word format.
- ☛ You can do a verbal update in court if things have changed, you need not hold on to your report.
- ☛ Court reports CANNOT be e-mailed to us, due to confidentiality.

MARCH 1999						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12 New Volunteer OT 8 a.m. - 5 p.m. Arizona Courts Bldg., 1501 W. Washington.	13 New Volunteer OT 8 a.m. - 5 p.m. Arizona Courts Bldg., 1501 W. Washington.
14	15	16	17	18 Post Orientation Training 5:30 p.m. - 8:30 p.m. Southeast Facility RSVP by 3-12	19	20
21	22	23	24	25	26	27
28	29	30	31	NOTE: This calendar is for March. There is no February training being put on by the CASA Program		

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LOOKING BEYOND BEHAVIOR

by Dorothy F. Healey, Ph.D.

Q: What is play therapy and how does it help?

A: Play therapy is a type of psychotherapy designed specifically for young children who are experiencing some emotional distress. A troubled adult or adolescent can "talk it out" with a professional trained in the treatment of emotional disorders. A young child, who hasn't yet developed the verbal and cognitive skills needed for "talking it out," may need to "play it out" in play therapy. Through interactions with play materials, the child communicates with a therapist in much the same way an older person communicates through words.

Modern play therapy evolved out of early psychoanalytic investigations into the inner world of the developing child. Through meticulous observations of children at play, clinicians and researchers discovered that children possess a rich interior life, far more complex than previously imagined, and their free, expressive play (as opposed to follow-the-rules play) is full of meaning.

Young children "think" differently than older children and adults. Their thought process relies heavily on symbols. Reality-oriented adults often have difficulty seeing any meaning in a child's play. What child busily pushing carrot pieces through mashed potato tunnels hasn't been told by an exasperated adult to "cut out that nonsense?" To the adult, the child's carrot-pushing looks like meaningless "playing with food" behavior, yet the child may have invested the carrots and potatoes with symbolic meaning and may be expressing some highly complex, partially unconscious thoughts. Just as an adult can "mean what I say," a child can "mean what I play."

Because so much of any young child's play is either imitative or symbolic, a therapist familiar with a child's culture and history can learn much about the child's fears, fantasies and self-image by observing his or her play. It is this in-depth understanding that enables the therapist to help the child work through his or her distress.

Play therapy has been adopted for use in psychoanalytic, client-centered, family and other major treatment approaches, and professionals who specialize in play therapy often develop additional techniques of their own. Thus, there is no one example that can adequately describe all types of play therapy. In my own practice, two cases illustrating the range of problems can be addressed by play therapy come to mind.

One involved an 8 year-old boy having difficulty adjusting to his mother's second divorce. For many weeks, he spent every therapy session cramming the dollhouse full of doll figures, then having an "earthquake" collapse the house and send the "people" flying. The people were all

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presumed "dead" until one doll figure, always the same little boy doll, crawled out from under the rubble and "rescued" everyone else. After doing this for about a dozen sessions the child arrived one day, smiled, and said "I don't need to do earthquakes anymore."

I think you can see how his repetitive play allowed him to safely express his intense anger at all the grownups he believed had "wrecked" his world. Once he "killed" them, he was able to forgive them and undo their punishment.

Another case was that of a 6 year-old girl who had gone fishing with her father, leaving her mother and a newborn sibling at home. While fishing, the weather suddenly changed and the boat capsized. The girl wore a life jacket but her father didn't, and she experienced the terror of watching him down.

During her first session the girl only looked at the play materials. She drew a picture of her father during her second session, but it wasn't until her third session, after I put a father doll and a little girl doll in a toy boat, that she became involved. When I "talked" for the dolls, she corrected me and told me what they were "really" saying and thinking. It was soon clear that the girl believed her father drowned because she has been so happy to have him all to herself that day.

Once she understood that her mother wasn't angry with her, they were able to talk about what had happened and begin comforting one another. At a follow-up session several months later, the 6 year-old her mother and baby were all doing well.

Article is reprinted with permission from Raising Arizona Kids magazine. Dorothy F. Healey, Ph.D. is a clinical psychologist practicing in north Scottsdale. If you have a question you would like her to answer, write to her c/o Raising Arizona Kids, 4545 E. Shea Blvd., Suite 201, Phoenix, AZ 85028-3076, 953-5437, e-mail to RAZKIDS@aol.com or fax to 953-3305.

WELCOME NEW VOLUNTEERS!

We would like to welcome the following volunteers to the CASA Program:

Maria Amaya-Moreno
Pamela Frye
Joyce Herron
Rod Martin
Brad Tebow
Brent Thomas
Sherri Tinney

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MODEL COURT UPDATE

Model Court has begun full force at the Southeast Facility. Cases are being assigned to those volunteers who indicated an interest in taking a Model Court case. If you signed up for a Model Court case but have not received a call from your coordinator, be patient. We are going down the list and contacting volunteers as each new petition is screened.

The following people have indicated an interest in Model Court :

Lisa Boyd
Becky Whittaker
Terrie Kenney
Mary Thomas
Linda Nokes
Eileen Wells
Matt Edmondson
Melanie Turrell

Paula Solomon
Pat Willis
Angela Ashley
Mike Matcha
Melanie Schuele
Margo Fitts
Jackie Flowers
Richard Edelstein

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Mary Pat Boots
Laura Lobraico
Rose Ruth
Lisa Atkins
Bette Saks
Christy Andersen
Connie Quinn
Brad Tebow
Joyce Herron

Shelly Stern
Ray Bloyed
Lucille Fraas
Lynn Baker
Pat Nelson
Mary Stringer
Rod Martin
Georgeanne Ford

Any questions please call your coordinator for more information.

NEWSLETTER

We are always looking for information to share in our newsletter. If you have something that you would like to see in one of our newsletters, please feel free to contact the CASA Office at 506-4083 or you may fax it to 506-5512.

Suggestions are also welcomed.



CASA PROGRAM
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